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FOOD DAY CANADA  
CELEBRATE WITH  
SOME HOME-GROWN  
VITTLES {page 28}



# NO TRUE LOVE?

TRUE BLOOD STAR  
BACK ON THE PROWL  
AFTER SPLIT {page 21}

CALGARY

# metro

Thursday, July 28, 2011  
[www.metronews.ca](http://www.metronews.ca)



**Hairspray. Opens**



► Amy Umeh as Motormouth Maybelle, and Stuart McDougall as Edna Turnblad practise Big, Blonde and Beautiful, from the musical Hairspray, yesterday at Olympic Plaza.

YASMIN JASWAL/FOR METRO

## In praise of big hair

Summerstock's annual outdoor production opened last night at Olympic Plaza. Hairspray runs through Aug. 6. Tickets are available through [ticketmaster.ca](http://ticketmaster.ca). Story, page 4.

# 1.1 million and rising ... a bit

► Calgary's population grew by 19,421 from April 2010 to April 2011 and sits at 1,090,936 people ► There are almost 5,000 fewer women than men living in the city



KATIE TURNER  
[@METRONEWS.CA](http://METRONEWS.CA)

The population continues to grow on Calgary's fringes. However, the downtown core is slowly becoming more densely inhabited, Mayor Naheed Nenshi says.

The 2011 civic census results show the communities with the largest population growth continue to be new communities. Panorama Hills leads the way with 1,952 new residents.

The census also showed there are nearly 5,000 fewer women than men in Calgary.

"New suburban communities registered about 90 per cent of the total population growth this year, but you know something? That's gone down," Nenshi said.

Barbara Clifford, the deputy

city clerk and returning officer for Calgary, said she's been involved in the city census for 21 years and has seen some recent changes.

"There's been a lot of densification that has occurred in the older, established areas — particularly downtown," she said.

Nenshi cited Plan It Calgary's 2009 goal of achieving 70 per cent growth in new communities and 30 per cent growth in existing communities over the next 30 years.

"It's the first time we're actually starting to see significant movement in that direction, so it's something for us to absolutely keep an eye on," he said. "It means that the whole pattern of how the city is developing is very slowly, actually starting to shift, and that's a very exciting thing."



**"This gender gap is particularly prevalent in the 25-to-44 age demographic, which explains a lot about the challenges I have in my dating life. So, Calgary needs women."**

MAYOR NAHEED NENSHI



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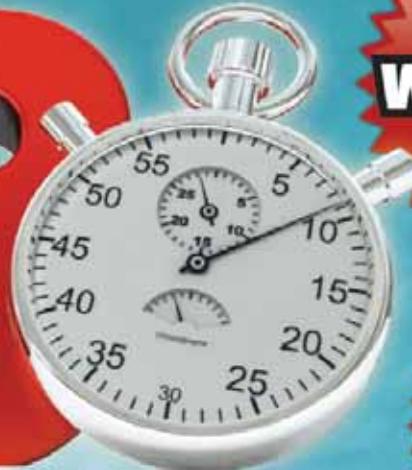
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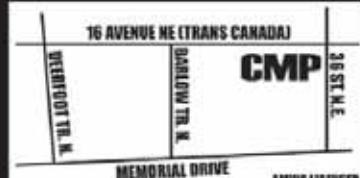
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## Province to survey MS patients on vein therapy

Jessica Williams already believes in the controversial treatment for multiple sclerosis known as liberation therapy. Kathy Collins is optimistic, but not totally convinced that it's safe.

Both women have agreed to participate in a new web-based study in Alberta that will involve consulting with MS patients as a precursor to clinical trials that could begin within the next couple of years.

Many Canadian MS patients travel overseas to find clinics willing to provide the treatment invented by Italian physician Paolo Zamboni. It uses balloon angioplasty to open up blocked veins in the necks of those who suffer from MS.

Williams, 32, paid more than \$5,000 for the procedure in Frankfurt nearly a year ago. Suffering from fatigue, imbalance, chronic migraines, lack of co-ordination and vision problems, she had the 70 per cent blockage in her right jugular removed and has noticed a difference.

Alberta's study will include a self-administered online survey that patients will fill out at six, 12, 18 and 24-month stages. Participants will include those who have had liberation therapy in the past or intend to have it in the future, said Health Minister Gene Zwozdesky.

The province has earmarked up to \$7 million for the clinical trials once it is deemed to be safe.

THE CANADIAN PRESS



► Acting Staff Sgt. Jeff MacQueen speaks to reporters yesterday about an investigation into a northeast sexual assault.

# Police hunt man after alleged sex assault

- Police don't believe there's connection to similar incident last summer
- 'No indication that this is a targeted offence': Acting Staff Sgt. MacQueen



KATIE TURNER  
@METRONEWS.CA

Police say they're offering assistance to a woman after she was allegedly sexually assaulted in her home.

The search is on for a man who allegedly broke into a Maddock Drive N.E. home around 3 a.m. yesterday while the woman in her 40s was sleeping and assaulted her.

"She didn't receive any significant physical injuries from the attack; however, any attack is certainly traumatic," said acting Staff Sgt. Jeff MacQueen.

"The Calgary Police Service has been with the victim throughout the day and has been reassuring her, offering her the services of the victim's assistance unit.... We'll continue to work with the

victim to make sure she feels safe and secure."

The man allegedly fled the home in an older, dark, regular-cab truck.

He's described as Caucasian between the ages of 25 to 30, with a medium complexion and a thin build.

According to police, he's six feet tall, weighs roughly 150 pounds and has light brown hair.

People with any infor-

### Be vigilant

- Police are reminding Calgarians to lock their doors and be vigilant about closing windows.
- "Calgarians should be concerned about securing their homes," said Acting Staff Sgt. Jeff MacQueen.

mation are asked to call the Sex Crimes Tip Line at 403-206-8175.

1  
news



Restaurant owners are making a beeline for rooftop hives. Scan code for story.

To scan 2D barcodes in Metro, download the free ScanLife app at [2dscan.com](http://2dscan.com).

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## HEALTH

**Online tool will inform of wait times**

Alberta Health Services is taking the initiative to inform its clients on just how long they will

wait in the emergency room.

Yesterday, AHS launched the first phase of an online tool that will provide Calgarians with estimated wait times that will be updated in real time. According to a release, it's designed to help families decide where the best care will be available.

• METRO

**No gel, no mousse — just Hairspray**

The musical Hairspray can be found in Hollywood and on Broadway, and now Calgarians can catch a glimpse of it in Olympic Plaza.

Summerstock, a program involving high school and university students, is celebrating its ninth year of live performances in the downtown core.

"Hairspray has beautiful themes throughout it," said director Jim Senft. "It's a beautifully written show and, I think, very timely."

The program runs in collaboration with Westmount Charter School, and is available to all high school students in the city.

Once selected to be part of the summer production, students are put to work and taught singing, dancing and acting.

More than 70 students and 40 volunteers work with the eight staff and contractors to put the production together every year.

The show kicked off Wednesday evening, and will continue through August 6. All shows start at 6:35 p.m. at Olympic Plaza.

• YASMIN JASWAL

**Summerstock**

- Guys & Dolls was the first performance at Summerstock in 2003. Since then, Grease, RENT, West Side Story and other well-known musicals have been presented to Calgarians.
- For tickets to Summerstock visit [ticketmaster.ca](http://ticketmaster.ca) or remaining tickets can be purchased at the gate.

**Property owners reap benefits of development**

With ongoing development and major cultural institutions slated for construction in the East Village, existing property owners are hoping to see their property values jump.

**East Village project**

Around 1,500 condos and townhouse homes will be built in the East Village over the next three years. Two

developers, one from Ontario and the other from Vancouver, are investing \$600 million in the development. CMCLC said the units will be priced at market value and the first residences will be completed in 2014.

• KATIE TURNER

► The National Music Centre and new central library are slated to be built in the East Village ► Condo developers likely to start selling early next year



KATIE TURNER

@METRONEWS.CA

Since purchasing property in the East Village in 2003, Bill Nairn said, he has more than doubled his money.

When he purchased the two units in The Orange condo building where his wife runs a massage and retail shop, Nairn said, development in the East Village was at a standstill. Now, eight years later, Nairn is basking in his investment.

"Basically, I've already doubled my money," he said. "I expect it to climb after some of the buildings start being built."

Spokeswoman for the Calgary Municipal Land Corporation Clare Nolan said property owners in the area are looking forward to the continued development.

"I know from our dealings with the existing residence base within the East Village, they're all quite excited about the progress that's happening within

**Construction**

- There are currently five existing condo buildings in the East Village, according to the CMCLC.
- Two developers have purchased land in the area to construct condo buildings.

the community," she said.

As for investing in the East Village, realtor Robin Spiers said he's unsure if it's the right choice.

Spiers said the cultural institutions like the new central library and the National Music Centre likely won't increase values as much as a grocery store or school would.

"It will probably help sell or help increase property values," he said. "How much so, I don't know."

But Nairn said he's confident in the success of the East Village.

"This is going to be such a happening little corner of town that everybody in town is going to end up being there."

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## DEALERSHIP THEFT

**Tips lead police to two Nissans**

Tips from the public have reportedly led police to recover two of 12 vehicles stolen from a northeast dealership.

Police reported Tuesday that thieves got inside the front door of Sunridge Nissan and

made off with several trucks, SUVs and sedans.

Yesterday, it was reportedly revealed police found two Titan trucks abandoned in a parking lot near the dealership.

With 10 vehicles still unaccounted for, police continue to warn potential car buyers to exercise caution. The vehicles have been flagged by police and cannot be registered.

• METRO

**Gun-threat call just a prank: Cops**

Police received a false call yesterday morning of a woman threatening another woman with a handgun at a northwest motel. After investigating, they realized there was no gun. They're investigating the cellphone from which the call was made. • METRO

**Cleaner gas deal to help power city**

Alberta has signed a carbon-capture deal with Swan Hills Synfuels to turn coal deep underground into a cleaner-burning fuel similar to natural gas. The gas will be used to produce 300 megawatts of electricity — about a quarter of Edmonton's needs. **THE CANADIAN PRESS**

**Somali family's trek aims to raise famine awareness**

► Cousins walking from Calgary to Edmonton ► All have lost relatives in recent crisis in the African nation ► Some walking during Ramadan fast



**JEREMY NOLAIS**  
@METRONEWS.CA

Somali natives living in Calgary have been forced to watch and wait as relatives make an often-life-threatening trek across their home country in search of food and water.

But on Aug. 5, seven cousins, making up a group called Step UP for Somalia, will lace up and hit the open road in hopes of raising awareness about the plight of their relatives.

Thousands have died, including family members of Filson Abdi, who is part of the Step UP group.

"It's not even so much that they are close to us,



► Step UP for Somalia is making final preparations ahead of next week's walk from Calgary to Edmonton.

JEREMY NOLAIS/METRO

**Their journey**

Step UP for Somalia will cover 303 kilometres on their journey up Highway 2A.

► They estimate the journey will take more than 60 hours over the course of four days.

► The group hopes to raise \$10,000 in the process. So far, they have pulled in more than \$4,000.

be joined by other supporters for part of the journey and will be greeted with a celebration in Edmonton on Aug. 8.



Image: Kate Holt

**EAST AFRICA DROUGHT CRISIS**

HUMANITARIAN COALITION MEMBERS ON THE GROUND BRING RELIEF TO SUFFERING FAMILIES.

Severe drought across large parts of Kenya, Ethiopia and Somalia threatens the lives of 11 million children and their families. HUMANITARIAN COALITION members work tirelessly to save the lives of those vulnerable to death and disease.

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# This festival's a real treasure

► Marda Gras celebrates New Orleans cuisine and culture ► About 35,000 people are expected to attend the event ► Treasure-hunt prizes are worth hundreds of dollars

 **YASMIN JASWAL**  
CALGARY@METRONEWS.CA

A treasure hunt with prizes worth hundreds of dollars is just one of the attractions at Marda Loop's Metro-sponsored Marda Gras festival next Sunday.

Like most treasure hunts, this one requires participants to travel around the festival and find as many items as they can.

Task cards can be picked up at the east and west entrances of the festival, or from the Kuwinda Urban Treasure Hunt Company booth, which helped put on the event.

The treasure hunt will allow participants to enjoy and experience the entire festival and be rewarded in the end.

There is no time limit



COURTESY OF Marda Gras FESTIVAL

on the activity.

But to win a prize, contestants must submit their task cards by 4 p.m. at the

Kuwinda booth.

"We've got 50 destination points, and lots of prizes — we hope to en-

courage visitors to go to all corners of the festival," said festival organizer Pamela Tchida Kupidy.

## You can help

- Marda Gras is in need of a group of six to 20 volunteers for setup (starting at 6 a.m.) and take-down (starting at 4 p.m.).
- Any groups who are available to volunteer are asked to contact Pamela Tchida Kupidy at 403-651-2012.
- Anyone else who wants to volunteer at the event can go to the Marda Gras website ([mardaloopbrz.ca](http://mardaloopbrz.ca)) and sign-up online.
- This is the first time in the 27 years of Marda Gras that a treasure hunt has been included in the list of activities.
- All of the "treasures" have been supplied to the event by local businesses and sponsors.

## Haskayne out to floor its rivals

The Haskayne School of Business wants to compete with the best international business schools.

Already No. 3 in Canada, Haskayne and the University of Calgary feel a trading floor will add to the school's reputation as a business hub.

Construction of the N. Murray Edwards Finance and Trading Lab will start in September.

The lab will allow students to simulate the experience of a real-world trading floor by using Thomson Reuters and Bloomberg trading information systems.

Jordan Ludwig, a Haskayne student, thinks this will be a good draw for the university.

"A safe real-world experience could be invaluable to those moving into that area of finance," he said.

● **TODD VAUGHAN**



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# Turmel gets NDP's vote

## ► Rookie wins unanimous backing as interim leader ► Layton's choice

New Democrat MPs have unanimously backed rookie Quebec MP Nycole Turmel as interim leader.

The MPs have wrapped up a special caucus meeting to consider Turmel as a temporary replacement for ailing leader Jack Layton.

"We have overwhelming, unanimous support for the recommendation that Nycole Turmel be our interim leader," said Libby Davies, Layton's deputy.

Layton recommended Turmel for the post on Monday, when he announced he would take a



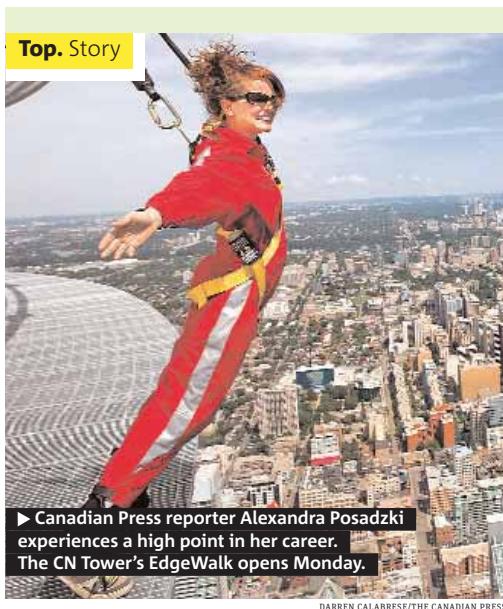
► Nycole Turmel

leave of absence while undergoing another round of cancer therapy.

Turmel, a former national union leader who is already chair of the caucus, thanked her fellow MPs for their support, but declined to answer questions until her position is confirmed by the party's national council.

Davies acknowledged the NDP faces a difficult situation with its best-known figure off-stage, but she denied the party will be adrift without the charismatic Layton.

THE CANADIAN PRESS



► Canadian Press reporter Alexandra Posadzki experiences a high point in her career. The CN Tower's EdgeWalk opens Monday.

DARREN CALABRESE/THE CANADIAN PRESS

## On the daredevil beat

Reporters are an intrepid bunch. They proved it yesterday at a media preview of the EdgeWalk attraction on Toronto's CN Tower. Hearts thumping, they were strapped in to a harness and negotiated a walkway 356 metres above the city. Now isn't this more fun than covering a council meeting?

# T.O. mayor escapes cellphone charge

Toronto Mayor Rob Ford, pictured, won't be charged after acknowledging he was talking on his cellphone while driving, police said yesterday.

No charges have been pursued against other motorists who admitted after the fact to driving while talking on the phone and equal treatment will be given to the mayor, said Toronto police spokesman



son Mark Pugash.

"There are some logistical problems with doing it after the fact, he

added." Ford denies giving the finger to a woman who spotted him talking on his cellphone.

THE CANADIAN PRESS

**42** Calvert says the fault line beneath Washington state is 27 to 42 km, not 25 to 35 km as previously believed.

A new study says the next major earthquake to hit the Pacific Northwest could strike south of Vancouver Island.

Professor Andy Calvert of Simon Fraser University, the lead author of the study, says it shows the fault line between two tectonic plates in the Pacific Northwest is seven kilometres deeper than believed.

THE CANADIAN PRESS

# URGENT: Famine in the Horn of Africa



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## By the numbers

7

Moldovan authorities say seven people have been charged with organ trafficking. The prosecutor's office said that they were part of an international network that harvested kidneys from 11 Moldovan citizens. It says poor Moldovans were persuaded to sell their kidneys for illegal transplants for \$2,760 to \$6,920. Moldova is one of Europe's poorest countries, with an average monthly salary of \$190.

THE ASSOCIATED PRESS

12

After being arrested, strip-searched and held in jail for 12 days, Janet Goodin still has no idea how border guards mistook her motor oil for liquid heroin. Good-

in, 66, is looking for an apology and financial compensation. She says she would like to sue the Canada Border Services Agency, but can't afford to. "I'm on a fixed income, so that's not possible," Goodin said. "An apology would be nice, and I would like to be able to pay back the relative that I borrowed money (for legal fees) from."

THE CANADIAN PRESS

1,500

Hundreds of people protested in the small kingdom of Swaziland over claims that poor governance by sub-Saharan Africa's sole monarch has led to a shortage of essential medical supplies and a failing economy. More than 500 people demonstrated in the capital yesterday while nearly 1,000 protested in the western town of Siteki. Protests were peaceful but heavily guarded.

THE ASSOCIATED PRESS

12

After being arrested, strip-searched and held in jail for 12 days, Janet Goodin still has no idea how border guards mistook her motor oil for liquid heroin. Good-

# Heavy rains sweep Seoul

## ► Landslides leave 36 dead, 620 homeless ► Dozens still missing

Walls of mud barrelling down a hill buried 10 college students sleeping in a resort cabin and flash floods submerged the streets and subway stations in Seoul, killing at least 36 people yesterday in South Korea's heaviest rains this year.

The students were engulfed by a landslide in Chuncheon, about 110 kilometres northeast of Seoul, said fire marshal Byun In-woo. A married couple and a convenience store owner also died.

In southern Seoul, 16 people died when mud crashed through homes at the foot of a mountain. The National Emergency Management Agency reported seven deaths due to flooding in a stream just south of the capital and said the toll was expected to rise as

dozens of people were missing.

Fast-moving mudwaters filled the streets in Seoul, sending residents scrambling to the roofs of their partially submerged cars. Water filled some subway stations and spewed from sewers. TV images showed people in one flooded station using shovels, brooms and a wooden board in an effort to keep more rain from coming in. Internet and wireless connections failed in southern Seoul due to power failures.

The Seoul Metropolitan Police Agency issued a traffic emergency, mobilizing more officers to deal with the inclement weather.

Many citizens complained online that Seoul had neglected to prepare for the downpours.

THE ASSOCIATED PRESS



## Flooded city

► Witnesses said the landslide sounded like a massive explosion or a freight train.

► About 670 firefighters, soldiers, police and others rushed to rescue those trapped and extract the dead from the mud and wreckage in Chuncheon.

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14

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THURSDAY, JULY 28, 2011

# Hardest critters survive quake

► Goldfish survived without food for 134 days after N.Z. disaster before being rescued ► Owner 'astounded'

There were no Scooby snacks to eat — but at least they had each other for company.

Two goldfish, named Shaggy and Daphne after characters from the animated television show Scooby Doo, have become the smallest and hardest survivors of the devastating February earthquake in Christchurch that killed 181 people.

The fish spent four and a half months — 134 days — trapped in their High Street office tank in the city's off-limits downtown without anyone to feed them or even any electricity to power their tank filter before they were discovered this month and rescued. "It's certainly an incredible story. I wouldn't have guessed that fish could survive on their own for four months," said Paul

## Survival tactics

► Luckily for the fish, they lived in a large 100-litre tank. According to Paul Clarkson, curator at the Monterey Bay Aquarium in California, the fish may have gleaned some nutrition from eating algae growing on the tank's rocks and walls. He said naturally growing bacteria may have helped keep the water

clean enough to sustain life.

► Then there's the delicate question of their missing companions. There were six goldfish in the tank when the earthquake struck. By the time the survivors were found, no trace remained of three of the fish. A fourth was found floating in the tank. Goldfish are, after all, omnivores.

Clarkson, curator at the Monterey Bay Aquarium in California. "Goldfish are very hardy critters."

The fish looked dull in colour, but otherwise appeared fine, said Vicki Thornley, the office director, who had held the tank steady during the quake.

On her return after the quake on July 6, Thornley said she didn't want to look

in the direction of the tank because she was sure the fish would be long dead. But then an earthquake-recovery worker shouted to her: "Hey, there are fish here, and they're alive!"

Hundreds of dogs, cats, roosters and other pets were rescued within the first two weeks of the quake.

THE ASSOCIATED PRESS

## Heat wave. Russia



► A man jumps in a fountain in St. Petersburg yesterday.

DMITRY LOVETSKY/THE ASSOCIATED PRESS

## Air Canada flight diverts back to Oz

An Air Canada flight en route to Vancouver has landed safely in Sydney after smoke was detected on board.

Previous reports had said the plane had caught fire, but an airport spokesman said this was not the case.

A representative of Australia Air Services, the country's air traffic controller, would not say the plane made an emergency landing, but said it touched down 90 minutes after take-off.

"The Air Canada flight left Sydney this morning and returned to Sydney airport an hour and a half later. It's landed safely," Amanda Palmer said.

Firefighters were standing by, but were not required, Palmer said.

TORSTAR NEWS SERVICE

## Great leap forward

The mercury hit 33 C in St. Petersburg, Russia, where even Soviet Vladimir Lenin might have approved of this leap to stay cool.

## COMPANY IN TRANSITION

**Nokia loses ground to rivals**

Nokia's credit rating was downgraded yesterday as the world's largest producer of cellphones struggles to compete in the smartphone segment.

Moody's Investors Service said it downgraded the Finnish phonemaker's debt rating by two notches, from A3 to Baa2, due to a "severe weakening" of Nokia's business.

position. A downgrade matters because companies raise money through the issuance of bonds as well as through shares and the lower rating implies higher costs.

Moody's warned that it will take time for Nokia to make its operating systems Windows-compatible even after partnering with Microsoft.

Wolfgang Draack, Moody's senior vice-president, said the benefits of the switchero to Windows would likely not emerge until the second half of 2012.

THE ASSOCIATED PRESS

**Market moment**

TSX	Dollar	Oil	Natural gas
			
- 267.89 (13,032.67)	- 0.68¢ (105.39¢ US)	- \$2.19 (\$97.40 US)	1,000 cu ft \$4.318 US (- 1.3¢)
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PRICES AS OF 4 P.M. WESTERN TIME

# We like them Apples

PAUL SAKUMA/THE ASSOCIATED PRESS



► Many Canadians have owned their phones for two to three years, comScore says, which means large numbers of people will be buying new phones in the next few months.

## ► iPhone rules with Canadians ► RIM still has biggest market share

Canada's most popular cellphone is the Apple iPhone 4, measurement firm comScore says. In fact, Apple takes four spots on the top 10 list of most-used phones in Canada.

The 16-gigabyte iPhone 4 was the phone of choice for 516,000 Canadian users. The 32-gigabyte version was sixth on the list, with almost 337,000 users.

Apple also took second place with the eight-gigabyte iPhone 3GS, used by almost 485,000 users, and ninth with the eight-gigabyte iPhone 3G, at almost 300,000 sold.

While Research in Motion has the biggest share of the overall smartphone market in Canada — with 42 per cent, versus 33 per cent for Apple — it holds

only seventh and eighth place in the top 10, with the Bold 9700 (321,000 users) and Curve 8530 (307,000 users).

"There's a lot more RIM devices than Apple devices," said Bryan Segal, a vice-president of comScore, explaining why RIM still leads in the overall smartphone race.

If you look at best-selling devices 11 through 50 you're going to see RIM plays a really key role in terms of being one of the top device makers."

ComScore says about 33 per cent of Canadians own a smartphone, but Segal predicts that number will soon spike as a huge group of consumers are getting ready to upgrade their phones. THE CANADIAN PRESS

## Fallout from U.S. default could ripple north

Canada is likely to face slower economic growth even if the United States manages to avoid a default or credit-rating downgrade, economists said yesterday.

Washington's need to cut spending by \$2 trillion to \$4 trillion US over a decade would delay its recovery and drag down Canada's rebound because the two economies are so closely linked.

The U.S. government has been grappling since May with more than \$14 trillion in debt — the borrowing

ceiling set by Congress — and may not be able to pay its bills after Aug. 2.

That means Washington could be forced to cut its spending by almost half, threatening social security benefits, defence outlays or even civil-servant wages.

Christopher Ragan, an associate economics professor at McGill University, said a slower recovery by Canada's largest trading partner would have a ripple effect on export sectors that have been struggling to return to pre-recession

**0.5**  
A one per cent hit to U.S. growth translates into a 0.5 per cent drop in Canada, says Craig Wright, chief economist at RBC Capital Markets.

levels of a few years ago.

Sluggish growth in the U.S. cuts demand for many Canadian exports, from oil and gas, cars and auto parts to newsprint, lumber, fer-

tilizer, chemicals, metals and machinery.

That eventually leads to fewer jobs in those sectors and far slower growth than is healthy for the national economy.

However, the impact of a U.S. default is hard to predict. U.S. interest rates would spike but those in Canada could fall. That's because the Canadian dollar has soared in recent days, keeping downward pressure on Canadian rates.

THE CANADIAN PRESS

## Hulu versus Netflix: How to watch?

Half of Netflix users connect to the video-streaming service via gaming console, says a Nielsen survey that looked at viewing habits of Netflix and Hulu users.

Nielsen found that more Netflix users are watching video on their TVs than their computers, often connecting through Nintendo

Wii, Sony PlayStation 3, Microsoft's Xbox and other consoles. By contrast, the wide majority of Hulu users, 89 per cent, watch Hulu on a computer.

Nearly three-quarters of Hulu users watch mainly TV shows, while Netflix is more movie-driven, with just 11 per cent watching TV programs. Slightly more than half of Netflix users watch mainly movies.

More than 15 billion videos were streamed in May, an all-time high.

THE ASSOCIATED PRESS

## U.S. could keep credit rating: S&P

Some of the deficit-cutting plans being considered by the U.S. Congress could bring the country's debt burden down to a level that would allow the United States to keep its triple-A credit rating, the head of a credit-rating agency says.

Deven Sharma, president of Standard &

Poor's, refused to be specific over how much deficit cutting would be needed to win S&P's approval.

But he said some of the plans under discussion are in the range of what the agency believes is necessary for a credible attack on the deficit.

The three major credit rating agencies — Moody's, Standard & Poor's and Fitch Ratings — have all issued warnings that they may downgrade the U.S. government's triple-A credit rating. THE ASSOCIATED PRESS

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# I'M NOT REALLY ROLLING ON THE FLOOR, LOL

## HE SAYS ...

JOHN MAZEROLLE  
METRO



I've become everything I've ever hated. For the first time, I own a cellphone.

Frequent readers will know I resisted cell ownership for a long time.

I'd watch my friends and how it changed them, making them more machine than man, twisted and evil.

One friend would walk with his head buried in his iPhone, never looking up for anything short of a natural-gas explosion. I trust the weather app saved him from the trouble of ever having to look at the sky.

Another boasted how people complimented her on her nifty fold-in keyboard. It was like her phone was a lame stand-in for a new car, similar to when childless women talk incessantly about their fascinating and never-tiresome cats.

**"In short, people seemed to see their phones less as useful tools and more as necessities of roughly the same importance as the pancreas."**

A third friend accidentally flushed her phone down an automatic toilet, which was amusing enough, but it lost its humour as she fretted that her friends might think she was dead. Every time a new person would arrive she'd grab them by the shoulders and scream "I FLUSHED MY CELLPHONE DOWN THE TOILET" with the same intensity one normally saves for explaining that Soylent

Green is people.

In short, people seemed to see their phones less as useful tools and more as necessities of roughly the same importance as the pancreas.

And as a word lover, it was hard to see people strip perfectly good vowels from words, not to mention lying about how much they are laughing and/or rolling on the floor.

So I went cell-less and, as time passed, I came to enjoy being seen as an outsider. Friends acted like I hadn't received my polio shots — "You NEED one!" — but I just couldn't see it. I had no reason to have a cellphone.

But then, a realization: As I removed the usual dozen unheard messages from my land line — all hangups from shady 'businesses' — it occurred to me for the first time: I had no reason to have a land line.

Nobody ever called me, thanks to email, and I was getting so many spam calls that when it did ring I wouldn't answer.

So I'm now the proud owner of a fancy-schmancy cellphone — I use it as a GPS, video-game console, weight-tracker and excuse to avoid people on public transit.

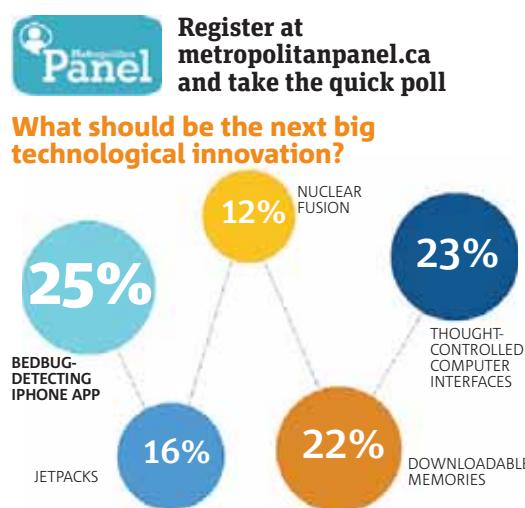
It was a hard decision to join the pack, but I've satisfied my need to be different by also cancelling my WiFi at home, which I found just kept me from my work.

See? IMHO, I'm still an outsider! ROTFLMAO! (pls kill me)

Read more of John Mazerolle's columns at [metronews.ca/hesays](http://metronews.ca/hesays)



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## Local tweets



► **@kendeltb:**

The people that drive 60 on memorial

dr when the speed limit is 80 give me serious #rage #yyc

► **@Laraaranador:** #yyc weather you are horrible to people with allergies

► **@Lindsayneuf:** is it seriously already wednesday? my lord! is that also the SUN? #yyc

► **@SarahJaneHood:** Getting to the #yyc airport 3hrs early for a dom flight later this afternoon so my friend can get drunk for the courage to get on the

plane

► **@mirissa923:** Oh no #yyc ... According to @nenshi and the civic census results, Calgary "needs women!"

► **@ShannonMac:** #soundgarden tonight!!! Gonna party like it's 1994/1995!!! #yyc

► **@AreSiever:** Green light turns yellow, then... Green? What's going on with the lights on WB Memorial at Deerfoot?? #yyc-traffic #yyc

► **@ThankASoldier:** So after telling someone at work I was going to Soundgarden tonight they said "They sing Truly, Madly, Deeply right?" #Facepalm #YYC

## Worth Mentioning

U.K. Britain's advertising standards council banned two makeup advertisements featuring actress Julia Roberts and model Christy Turlington yesterday, ruling the ads — which used digitally altered photographs — were misleading and could no longer be used.

The Advertising Standards Authority found that the airbrushed images used by L'Oréal in magazine ad campaigns exaggerated the results women could expect from using the beauty products.

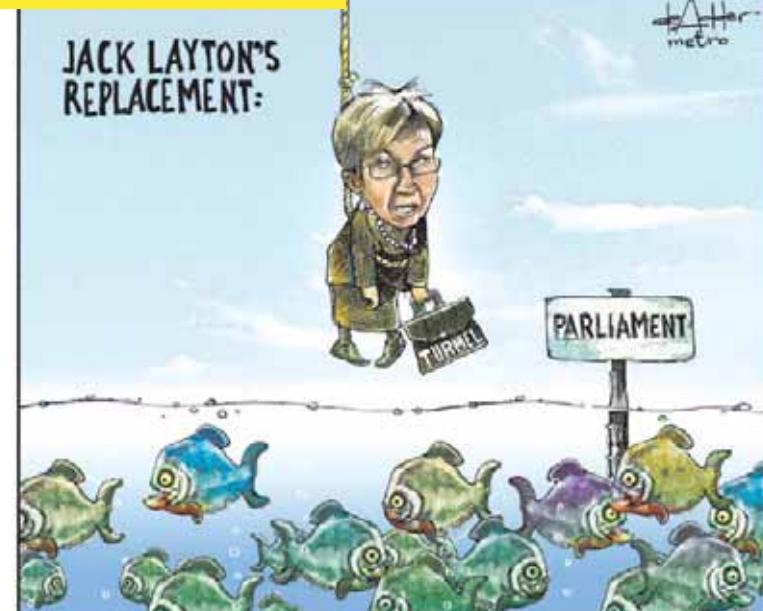
The decision was seen as a step forward in an ongoing campaign to limit the retouching of photos in beauty-related ads in Britain.

"It highlights one of the main issues, that these hyper-perfect versions of beauty are undermining people's confidence because they are beyond what's achievable," said Susan Ringwood, chief executive of Beat, which campaigns to combat eating disorders.

The advertising standards council is now allowed to consider the social impact of the ads as a criteria on whether they are acceptable.

**THE ASSOCIATED PRESS**

## Cartoon by Michael de Adder



## WEIRD NEWS

### Hospital bills dead woman's estate \$9.2M

A Florida hospital has filed a \$9.2-million claim against the estate of a woman who died after spending five years in the hospital, according to court documents.

That's how much the hospital says is owed for the care of Tameka Campbell, the documents say. She died at age 29 two years ago of progressive demyelinating neuropathy.

It is unclear whether the \$9.2

million in hospital charges is a record.

Health News Florida checked with the American Hospital Association, the Health Care Financial Management Association, and others, but no one knew of any records.

"That would have to be the biggest bill I've heard of," said Alan Levine, a division president at the Naples-based hospital chain Health Management Associates.

"I've seen more than \$1 million," he said. "But not \$9 million." Fort Myers hospital consultant Peter Young said, "A bill that large may well be in a league of its own and a Guinness Book of Records bill!"

An online search of Guinness World Records offers no category for "largest hospital bill." **THE ASSOCIATED PRESS**



## Reid leads way



Johnny Reid has a leading six Canadian Country Music Award nominations. The Scottish-born, Toronto-bred singer-songwriter is up for trophies including single of the year, songwriter of the year, album of the year and male artist of the year.

THE ASSOCIATED PRESS

# Fun in the Inglewood Sun

► Pie-eating contests; check ► Belly dancing; check ► Plenty of options at Calgary festival

## BACKSTAGE PASS

JENNIFER LARAWAY  
METRO CALGARY



When it comes to pulling off an event, how organized you are can make or break you.

Ask Inglewood Sunfest Festival director Kaya Konopnicki, who has a secret weapon on top of the lists and timelines she uses to keep herself organized

and sane.

"I also go around the neighbourhood a few times to talk to different merchants and make sure they know what's going on."

It's that kind of personal interaction that makes all the difference. As a result, Inglewood Sunfest has an array of entertainment options from pie-eating contests to workshops from Calgary Circus Studio and Goddess Rhythms Belly Dance.

But, Konopnicki's favourite part is the calm before the storm — seeing the event all set up.

### Sunfest facts

- Over 20,000 people are expected at this year's event.
- Inglewood Sunfest is the kick off for the Calgary Fringe Festival.
- The event also includes an antique roadshow that does free appraisals.

But Sunfest hasn't always gone up without a hitch, as Konopnicki recalls. "My most stressful memory was during my first year planning the festival and I had organized our

tent and table supplier to come just after 6 a.m. to have everything up by 9 a.m. At 7 a.m. I was starting to panic as they hadn't arrived. I couldn't get through to their office and that was the only number I had. At 7:30 a.m., I was in full on plan B mode with my blackberry out. Just as I was sending people out to the Inglewood Community Association to pick up all the tables they had, the supplier arrived!

"We had just 15 minutes before we were scheduled to let the vendors onto the site. It was all hands on

deck and I don't believe I've ever seen tables go up so fast in my life. It turned out the guys from the tent company had misread the contract.

"Since then I always have cell phones for my suppliers!"

Lesson learnt indeed.

This year's Sunfest takes place July 30 in Inglewood (on 9th Ave. from 11th St. to 14th St.). For more information, visit inglewoodsunfest.com.

TAKE METRO BEHIND THE SCENES OF YOUR UPCOMING EVENT BY EMAILING DETAILS TO ENTERTAINMENTCALGARY@METRO.CA OR MESSAGE @MEDIAMINDJEN ON TWITTER.



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# The jury is not out on this issue

## ► Celebrity judges seek spark from appearances on shows like Voice, Idol

Jean Holmgren doesn't like country music and had never heard of Blake Shelton.

Then came The Voice.

A few months later, she's the proud owner of Shelton's new album, one of more than 116,000 fans who made Red River Blue the tall Oklahoman's first No. 1 on the Billboard album charts this month.

"Once Blake was on my radar from The Voice, I heard his new single and I was really impressed," said Holmgren, a 27-year-old online marketing specialist from Kingston, Pa.

"I was never a country fan but he has such a good voice. The song Honey Bee is really cute and I guess it's kind of a crossover song, if you want to call it that. From there I watched some videos on his YouTube channel and followed him



► The Voice judge  
Blake Shelton.

on Twitter. I love his sense of humour!"

While The Voice, American Idol and other talent shows are designed to make stars out of unknown talent, they've also had the effect of boosting the fortunes of some of the contest's singing celebrity judges.

This year Steven Tyler and Jennifer Lopez became judges on Idol, marking the

### Jewel in on the action

► Other musicians have used stints as celebrity judges to boost their careers as well. Jewel, for instance, reimagined herself as a country artist and scored a No. 1 country album in 2008 with the help of Nashville Star. She also recently worked with former American Idol judge Kara DioGuardi on Bravo's Platinum Hit.

first time the panel had singers still with viable careers (Paula Abdul's singing career had died years before the show).

The Voice relied solely on current hitmakers in its first season and found a winning combination with Shelton, Cee Lo Green, Christina Aguilera and Adam Levine of Maroon 5.

Shelton hit the publicity trifecta when The Voice became a sensation, taking an already solid country career that was on the rise to a nation looking for someone

interesting.

He already had a career-defining year in the world of country music where Red River Blue was highly anticipated and had already spawned his fastest-rising single, Honey Bee.

He'd won a recent cache of awards, including the 2010 Country Music Association's male vocalist of the year and co-hosted The Academy of Country Music Awards. And marrying Miranda Lambert didn't hurt his star power either.

The missing ingredient?



► Steven Tyler, left, and Jennifer Lopez, were successful as judges on American Idol this year.

The chance to put it all together in front of a large audience on a weekly hit show. The Voice held steady at about 12 million viewers during its run and was the first new show at the four largest networks this year to grow its viewership from week one to week two.

Shelton has watched his fan base grow week by week at the same time, on Twitter and even on the streets.

"It actually blows me

away," Shelton said. "It's definitely obvious. Just walking down the streets of New York City with Miranda, people are stopping me and wanting to say hi and take a picture or something, and it's always about that show.

"I've been going to New York City and Los Angeles for 10 years and you can count on one hand how many times someone has recognized me in New York City." **THE ASSOCIATED PRESS**

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## Celebrity Tweets



"Watching SNL rerun...honestly, if there's a bigger quintuple threat out there than Justin Timberlake, I've yet to see it."



"An older gentleman (mid 60's) ended the conversation we were having with the phrase, 'Lates'. Made me feel insane."



"Happy National Tequila Day!"



"Love how going to a friend's birthday turns into a slew of lies! grr — oh well... happy sunday all!"



► Amy Winehouse during her final concert, in Belgrade, Serbia, when she stumbled onstage and forgot the words of songs.

## Winehouse family plans memorial fund

Amy Winehouse's family are hoping for something positive to come out of their daughter's death and have announced plans to start the Amy Winehouse Foundation, according to the Daily Mail.

Her dad, Mitch Winehouse, says news of her death brought him the idea almost immediately.

"Straight away I said I wanted an Amy Winehouse Foundation, something to help the things she loved — children, horses — but also to help those struggling with substance abuse," Mitch said at her funeral Tuesday.

● METRO

## Demi now OK as a role model

Despite the rough two years Demi Lovato has had — including a stint in rehab and announcing she'd suffered from addiction and eating disorders — the Disney star says she's much more comfortable with fans looking up to

her now. "Kids used to tell me, 'You're my role model.' And I'd want to shake them and be like, 'Why?'" Lovato says, according to Hollyscoop. "I finally feel like I can inspire people. I can be proud of it."

● METRO



► Carey Mulligan

## Mulligan engaged

Carey Mulligan and her Mumford and Sons boyfriend, Marcus Mumford, are reportedly engaged, according to the Sun.

"Carey looked like the cat who had got the cream. She was wearing a beautiful ring and didn't seem to mind who saw it," says a

source who spotted the two at a party at a country estate in southwest England.

"They were stuck to each other like glue. She was doing most of the talking and he was hanging on her every word."

● METRO

## Alex Skarsgard is single again

After two years together, True Blood star Alexander Skarsgard has reportedly split from girlfriend Kate Bosworth, according to Us Weekly.

"It was very mutual," a source says. "And it happened a while ago." Skarsgard definitely

seemed single while hitting the party circuit at San Diego Comic-Con last weekend, where sources say he got flirty with a brunette before leaving with her.

"He's single, and he is loving the attention," the source says. ● METRO



► Alexander Skarsgard

## Harris: Hef's not what he used to be

After calling off her engagement to Hugh Hefner, Crystal Harris is now spilling secrets about the couple's time in the bedroom. "[It lasted] like, two seconds," Harris tells Howard Stern in an interview on his satellite radio show. "Then I was just over it. I was like, 'Ahh.' I was over it. I just, like,



walked away. I'm not turned on by Hef. Sorry."

● METRO

# Could music biz have done more to help Winehouse?

► Natalie Cole says troubled singer was pushed too hard to perform when she wasn't ready

Amy Winehouse's death Saturday at age 27 has rekindled questions about the role the music industry should play in helping stars kick self-destructive habits.

Could the entertainment community have done more to save one of its most gifted young artists? Natalie Cole thinks so.

A former heroin addict herself, Cole was critical of the industry after Winehouse won five Grammys in 2008.

Winehouse performed triumphantly during the Grammy telecast that year — but did so via satellite from London, in part because she was in rehab at the time.

Cole said Winehouse

shouldn't have been trying to perform, given her condition. She said the industry has a responsibility to step in and push an artist out of the spotlight until they get their personal act together.

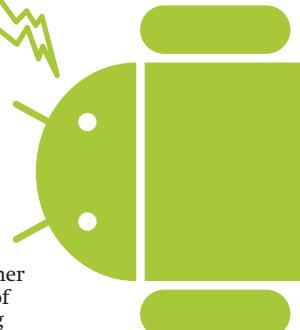
"Somebody needed to care about that girl, and I don't know if she had that."

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• Eye wear can be used to emphasize your personal best feature, such as rust colours to match red hair.

## ● NEWS CANADA



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# Is that Carmindy in your pocket?



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Women hoping to copy Kate Middleton's wedding day DIY makeup will save plenty of Internet-trawling time by buying one thing for just \$4.99: The Carmindy App for iPhone and iPad (an android version is in the works).

By way of serendipity, the app's wedding-makeup tutorial mirrors the look the Duchess wore. Bonus: The Carmindy App recommends the right shade for your complexion.

"One of the things I get asked all the time is 'What colours do I wear for my skin tone and my hair colour?' says the makeup artist best known for her weekly appearances on TLC's *What Not to Wear*.

No surprise: that's the heart of the app.

Users can customize an avatar with hair, eye and



skin colour, then peruse a number of how-tos, including video clips and face charts. Looks range from the five-minute face

to girls-night-out drama, and show details from winged liner to a quick smokey eye.

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**"It's all a way for me to help women walk into drugstores and department stores and choose products."**

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tions include drugstore and department-store options, and can be added to a built-in shopping list. And in keeping with a key aspect of Carmindy's three books, Sally Hansen Natural Beauty Inspired by Carmindy isn't the only featured cosmetic brand.

"I talk about NARS, M.A.C. Rimmel, NYC, Milani — there isn't just one brand that everyone uses," notes Carmindy in an interview with Metro. "We do that 'splurge/save' thing — save on certain things, then splurge on the lipstick of the moment."

She also says the app will be updated with new recommendations as occa-

sional products are discontinued.

In addition, there's a dash of self-help via a short video explaining how to do the mirror-mantras the artist developed during her own self-esteem challenged youth.

The Carmindy app took two years to develop because the technology has developed along with it, as well as the artistry involved. "For example, just getting the shading right on the avatars took a while; the techs had to figure it out because there wasn't an easy way to do it," explains Carmindy.

Updates become available as soon as a new feature is added, and new looks are planned for each season. Coming soon: techniques based on eye and face shape. As well, Carmindy fans can learn more by watching the artist apply app-related looks on her own face on YouTube.

"It's all a way for me to help women walk into drugstores and department stores and choose products," says Carmindy.



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Where to find it: Clarins Skin Spa locations in Toronto, Vancouver and Montreal, [clarinsskinspa.ca](http://clarinsskinspa.ca)

Step 1. Soak fingers in a bowl of warm water spiked with Clarins Tonic Bath & Shower Concentrate — it's loaded with essential oils. Step 2. Remove existing nail polish. Trim and file nails, and push back cuticles. Step 3. Scrub your hands with the Gentle Peeling Smooth Away Cream, then rinse and dry them. Step 4. Give yourself a hand massage with the Hand and Nail Treatment



Cream—and don't forget the cuticles. Remove excess cream, as even traces of cream or oil will destroy the staying power of your polish.

Step 5. Apply the Smoothing Base Coat and wait two minutes. Stroke on your chosen polish. Step 6. Wait 10 to 15 minutes before applying your top coat, sit back and relax until manicure is set.

## GEE BEAUTY'S COCO TANNING TREATMENT

Where to find it: Gee Beauty in Toronto, [geebeauty.com](http://geebeauty.com)

Step 1. Scrub your entire body with a granular exfoliant. "Make sure it doesn't have any essential oils," says Natalie Gee of Gee Beauty, "as the oils may cause the tan to streak." Step 2. Use a favourite moisturizer to hydrate extra-dry patches on elbows, knees, hands and feet. Don't skip this step, as dehydrated areas will soak up extra self-tanner and leave you with dark, too-tanned patches. Step 3. Put on non-latex



gloves to protect your palms from staining, then apply tanning cream all over your body as you would a body moisturizer, making sure to leave no part uncovered.

Step 4. Grab a towel-like mitt—at Gee Beauty they use the St. Tropez Buffing Mitt—and buff, buff, buff. Take some time here as this polishes the skin and eliminates streaking, says Gee.

## LEELA'S SUMATRA COCONUT POLISH

Where to find it: Leela Eco Spa & Studio in Calgary, [leelaecospa.com](http://leelaecospa.com)

Step 1. In a bowl, mix together shredded coconut and your favourite body moisturizer. And don't make it too thick. "The coconut acts as an exfoliator," says Jennie French, head esthetician at Leela, "leaving the body silky smooth. It also releases some of the coconut's natural oils, which are very nourishing." Step 2. Fill the sink with

hot water and add a soothing essential oil, such as lavender, and then wipe your body down with the warm scented liquid.

Step 3. Jump in the shower with your coconut concoction. Cover your whole body with the scrub and start massaging, working from the legs up. Rinse and dry off. Step 4. Moisturize with the base you used for the scrub—no coconut here.

TEXT BY DEBORAH FULSANG  
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# Easy, breezy, cool design

► Don't let your home turn into a sauna or an icebox ► Practical ways to stay stylishly cool during summer

## DESIGN CENTRE



KARL LOHNE  
HOME@  
METRONEWS.CA

I always thought that decorating seasonally was a bit of a foolish idea.

But not after this horribly hot summer I've experienced in southwestern Ontario. No longer can we rely on the weather patterns that we had as kids.

Remember when it was always super-hot in July and dead cold in January (with somewhat easy temperatures in between)?

I've given up depending on the weatherman and now am decorating for all four seasons. We must be ready for temperature changes at any given time. Here's a few decor ideas what will do you good at a moment's notice, no matter where you live.

### Get good blinds

Choose a pale colour cellular window dressing to reflect heat away from the house in the summer months and help to keep the cool air inside.

During the cooler weather they will act as insulation to help keep the heat in.

During the two extreme

seasons you'll also save money on heat loss.

### Use a thermostat programmer

Program your thermostat to turn on the air conditioning only during times when you will be home.

Keep in mind that for each degree you turn the thermostat up in the summer and down in the winter you will save \$100 annually on your heating/cooling bill.

### Control your sweat

Washing and drying clothes, showering and cooking all increase humidity inside your home.

If these cannot be avoided, turn on a ventilating fan or dehumidifier to help extract warm, moist air and run the dishwasher and dryer during the nighttime, which is usually the coolest time.

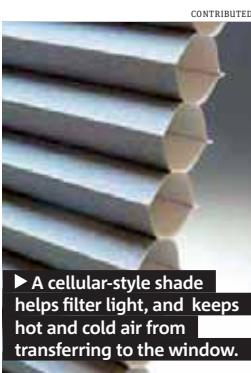
### Service your AC unit

Be sure to tune up your air conditioning unit and clean your ducts every spring to ensure they are working efficiently.

You know if you don't, chances are your unit will stop working on the hottest or coldest day just to get you back.

### Breathe easy

Clean your furnace/air filter once a month. Blowing cold air is no different than blowing hot air and the filter can get just as dirty.



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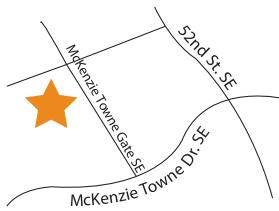
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### Decorate wisely

Choose heavy, lined drapes on the south and west windows to block out light and heat during the warm weather months.

► These will also be your friends during the winter by keeping drafts from pouring in through windows and patio doors.

► Put slipcovers on heavy, fuzzy and textured furniture.

► Choose slipcovers made from smoother, cotton fabric during the hot months.

► If all else fails, keep a bottle of peppermint cream in the fridge. It's excellent for cooling the feet and hands. When you are cool the world is a better place.

the fan).

Only use the fan while you're in the room because these cool people, not places.

Cook with the microwave oven instead of the regular oven or grill outdoors.

Better yet, eat out or go to your mama's.

Installing compact fluorescent lights in high-use fixtures saves about 66 per cent on lighting costs — these also lower the heat the bulbs put out.

# Yes.

cent on cooling costs.

If available, turn on ceiling and table fans.

A fan will allow you to raise the thermostat setting about four degrees

and still feel cool.

Make sure ceiling fans are turning in a counter-clockwise direction (you should feel a cool breeze standing directly under

# Switch and you could shrink your mortgage by 11 years.\*

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\*Illustration only, results depend on your information. Calculations based on \$200,000, 5-year closed fixed-rate mortgage at 4.24% and 25-year amortization with: one-time prepayment of 2% cash back (\$4,000), \$3,000 annual prepayment, plus, switch from monthly to accelerated bi-weekly payments of \$590. Result: total amortization reduction of 11 years. <sup>†</sup>Cash back based on a 5-year fixed-rate closed or 5-year CIBC Variable Flex Mortgage with a principal mortgage amount of \$200,000. Cash back amount is 2% of mortgage principal. Mortgage principal must be minimum \$75,000 for cash back offer and must fund within 30 days from date of application to qualify. Limit 1 cash back offer per mortgage. Conditions and restrictions apply. Offer may change or be withdrawn at any time. <sup>2</sup>Variable rate as of July 1, 2011; rate based on CIBC Prime and may change at any time without notice. Annual Percentage Rate (APR) means the cost of borrowing for a mortgage loan, including all interest and non-interest charges. As CIBC does not charge fees on most mortgages, the annual interest rate and APR are usually identical. <sup>®</sup>Registered trademark of CIBC. "CIBC For what matters" is a trademark of CIBC.

# Creating a hole-in-one

- Bring Scotland's rolling hills to your backyard
- Soon you'll be charging the neighbours green fees

## DIY IDEAS

Adding a putting green to your backyard is a great way to provide recreation for your family and friends — and improve your own golf game.

Creating this putting green is just one of many projects landscape contractor Ahmed Hassan has completed in *Yard Crashers*. In each episode, he goes home with an unsuspecting home improvement store shopper to transform their backyard.

### Prepare the area

Look for an area that you want to put the putting green.

It's a good idea to look for somewhere with a natural hill sloping to a flat area, or a space where you can avoid simple straight lines.

### Build a wall

To prevent soil from eroding, you need to build a wall around your desired area.

It is recommended that you use moss rock (also known as field stone), because its rough texture ensures it stays in place once positioned.

Wearing gloves, dig down and place the rocks together like a jigsaw puzzle.

Finish the wall by packing dirt into the stones to ensure the rocks are firmly in place.

### Integrate the green

Use plants of various colours, textures and heights along with rocks of various sizes around the perimeter of your putting green in order to keep it looking natural with your backyard surroundings.

### Lay the base

In order to avoid mowing, fertilizing or irrigating your green, use a synthetic turf, which is available in specialty golf stores.

Use a utility knife to cut your desired shape, and create the holes. Special cups will be inserted into the ground corresponding with the holes so you can retrieve your golf ball.

To keep the turf from matting, spread a fine sand over the surface and sweep



► Put on your plaid pants and hit your mini putting green.

with a stiff broom, repeating until only one-inch of turf is left above the surface. This will also ensure

that balls travel straight.

The next step is to take a swing and try out your very own putting green!

TUNE IN THIS CIVIC HOLIDAY, MONDAY AUGUST 1ST FOR A MARATHON OF *YARD CRASHERS* FROM 10 A.M. TO 6 P.M. ET ON DIY NETWORK CANADA.

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# SHOWING SOAP SCUM THE DOOR WITH VINEGAR

**CHARLES THE BUTLER**



ASKCHARLES  
THEBUTLER@  
METRONEWS.CA

FOR MORE, VISIT  
CHARLES  
MACPHERSON.COM

**Question:**

**Dear Charles The Butler,**  
What is the most effective  
way of removing stubborn  
soap scum and film from a

glass shower door?  
I have tried commercial  
cleaning products with no  
success.

Thank you.  
**S. E.**

Dear S.E.  
Thank you for your question. I can only imagine how unpleasant it must be to have a dirty glass shower door on a regular basis.

1. The shower door should be cleaned as often as possible. Mineral content in water varies depending on where you live.

This, along with soap

residue, leads to what is commonly referred to as "soap scum," which continues to build up over time if not cleaned regularly.

2. To remove soap scum, try using a light acidic solution of half warm water and half white distilled vinegar.

Spray the solution on the glass surface and allow it to rest for one minute.

Then wipe clean with a sponge, remembering to rinse thoroughly.

**HAVE A QUESTION? EMAIL CHARLES-  
THEBUTLER@METRONEWS.CA**



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\* AVAILABLE AT PARTICIPATING CALGARY  
JUGO JUICE LOCATIONS FOR A LIMITED TIME.

# A celebration of our nation

► This Saturday partake in Food Day Canada, which spotlights Canadian-sourced foods, by visiting a participating restaurant or cooking for loved ones

THE CANADIAN PRESS H/O



► This recipe makes three to four servings.

A celebration of the culinary bounty of this country is taking place coast to coast to coast Saturday.

The beauty of the event is that people can participate wherever they are — as long as a menu of all Canadian-sourced food is offered, says Anita Stewart, who founded Food Day Canada in 2003.

Since that time the culinary adventurer has also added nearly 300 restaurants to the roster of those who are taking part.

The restaurants have agreed to offer local fare to customers, either on the day or by offering menus for the week running up to Saturday. Most will fly red banners outside their establishments to show they are participating.

Beef ribs are a really great Food Day Canada option.

### Beef Ribs Preparation:

1 Season ribs with salt and pepper. Roast on foil-lined baking sheet in a 120 C (250 F) oven for 2 hours until crispy and browned. Let cool. Cut into individual ribs.

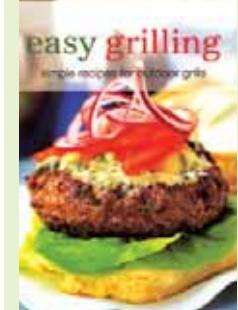
2 In saucepan, sauté garlic and onion in a bit of vegetable oil until softened. Stir in tomato sauce, maple syrup, vinegar, tomato paste, peppers and Worcestershire sauce; bring to simmer. Remove from heat. Reserve about 1 cup of sauce for dipping.

3 Grill or broil ribs over medium heat 10 mins, brushing generously with barbecue sauce and turning occasionally. Serve. **THE CANADIAN PRESS/CANADA BEEF INC.**

### Ingredients:

- 1.5 kg (3 lb) beef grilling back ribs (about 7 ribs long)
- Salt and pepper, to taste
- 2 cloves garlic, minced
- 1 onion, diced
- Canola oil, as needed
- 1 can (398 ml/14 oz) tomato sauce
- 75 ml (1/3 cup) each maple syrup, cider vinegar
- 50 ml (1/4 cup) tomato paste
- 30 ml (2 tbsp) each minced canned chipotle peppers and Worcestershire sauce

### Weekly Cookbook



Easy Grilling: Simple Recipes for Outdoor Grills (Ryland, Peters & Small, 2011) offers more than 100 easy-to-follow recipes that cover everything from burgers and chicken wings to impressive options such as Duck Satay with Grilled Pineapple and Plum Sauce, and Chicken Tandoori Kabobs.

You can also create your own flavour combinations using the Sauces, Marinades and Dips section.

Other sections include Meat and Poultry, Fish and Seafood, Vegetables, and Salads and Sides.

metro

## SUMMER FUN

metronews.ca  
THURSDAY, JULY 28, 2011

# Pick up and Pack a summer picnic



- Food consultant and cookbook author Trish Magwood says to keep your planning simple
- Think refreshing finger foods, like chunks of watermelon, when planning snacks
- Outings are about bringing the child out in everyone with fun activities


**YLVA  
VAN BUUREN**  
FOR METRO

Summer picnics are a wonderful way to while away an afternoon. And when you're planning a picnic, it's important to keep it simple, says food consultant and cookbook author Trish Magwood.

"We all want a little bit of a break so we don't want to slave in the kitchen. We want to do things that are quick and easy for us with low stress."

Here are tips:

- Put simple-to-eat items on the menu that you can prepare ahead. For example, gourmet sandwiches and a salad that travels well. Drinks, snacks and that's all you need.
- Have appropriate containers for food. "A good soft cooler is key," says Magwood, "so you're not having to lug around a big heavy cooler."
- Think refreshing finger food when you plan snacks. For example, cut up cucumber and celery
- Pack lemonade crystals and mix them with water
- and bring a store-bought or homemade dip. And everyone loves cut-up watermelon.
- Keep any perishable foods cold or below 4 C, recommends the Canadian Food Inspection Agency. If possible, refrigerate or freeze food the day before you pack it.



► Trish Magwood



and mix them with water

in a thermos when you get to where you're going.

► Instead of carrying pop-up chairs, just bring a few blankets. "I use one for sitting on," says Magwood, "and the other for a ground buffet."

#### MOVE

A picnic is all about food ... and activities the whole group can enjoy, says Murray Seward, president of Vancouver-based Canadian Outback Adventures and Events, which organizes summer picnics for companies.

It's all about bringing the kid out in everyone, says Seward. Be sure to plan a game of baseball, catch, or old-style sack races. Or consider something different such as Jenga, chess with an inflatable chess board, or create your own obstacle course with stations equipped with water pistols and other fun toys.

#### Picnic Chicken Salad

Magwood says this salad was always a summer lunch entertaining favourite — make-ahead, delicious and all-in-one easy to serve. Serves 8.

#### Ingredients:

- 1 large round loaf of bread (such as a boule or Calabrese loaf)
- ½ cup (75 mL) mayonnaise
- ½ tsp (2 mL) curry powder
- ¼ tsp (1 mL) paprika
- 3 cups (750 mL) cubed cooked chicken (about 3 breasts)
- 1 cup (250 mL) green grapes, halved
- ½ cup (125 mL) chopped celery
- ½ cup (125 mL) sliced almonds, toasted
- ¼ cup (60 mL) thinly sliced green onions
- 1 sweet red pepper, diced
- Salt and black pepper
- Romaine lettuce



#### Preparation:

- 1 Slice off the top 2 inches (5 cm) of the loaf in one big piece and set aside. Hollow out the bread, leaving a shell ½-inch (1 cm) thick.

- 2 In a medium bowl, stir together mayonnaise, curry powder and paprika. Stir in chicken, grapes, celery, almonds, green onion, red pepper, and salt and black pepper to taste.

- 3 Line the bread bowl with lettuce leaves. Spoon chicken mixture into the bread. Replace the bread top.

Wrap tightly in plastic wrap and refrigerate until picnic time. (You can make the chicken salad the day before, and you can fill the bread half a day in advance.)

- 4 To serve, using a bread knife, slice the boule into wedges into ready-made sandwiches.

Excerpt from: *In My Mother's Kitchen* by Trish Magwood. Published in Canada by HarperCollins Publishers Ltd. Copyright 2011 by Trish Magwood. All rights reserved.



# For the Love of Summer.

**Metro loves summer, and so do Metropolitans. But why?  
We asked The Metropolitan Panel: What are your Top 10  
things to do in the summer? Here's what you had to say!**

1. ROAD TRIP!
2. Curl up with a good book/magazine/iPad
3. Eating ice cream
4. Travel abroad
5. Heading to the cottage/cabin/campsite

6. Barbecue everything in sight
7. Hitting the beach
8. Drinks on a patio
9. Catch a summer blockbuster
10. Relaxing picnics



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[metropolitanpanel.ca](http://metropolitanpanel.ca)



Metropolitan  
Panel

# Hip-hop artist Shad makes music for a cause

 DARRREN  
DESAULNIERS  
FOR METRO

Although he has been compared to k-os and Common, rapper Shad is in a league of his own. The 2011 Juno Award winner for best rap recording is bilingual, he holds a business degree from Wilfrid Laurier University, and he's working on a master's degree in liberal studies at Simon Fraser University. His sound is unique and he tends to focus on social causes in his music — the track I'll Never Understand examines the Rwandan genocide and includes poetry written by his mother. His 2005 debut album, When This Is Over, was self-made, financed with money he won from a radio station's talent competition.

"It was a dream come true for me, and to this day (it's) one of the highlights of my career because I really didn't think I'd ever get to make an album," Shad told Metro recently.



► Shad won a Juno Award for his album, TSOL.

In 2007, he was signed by Black Box Recordings. His followup disc, The Old Prince, earned him a nomination for the 2008 Polaris Music Prize.

"Things just kind of continued building from there," said Shad, whose third and latest album, TSOL, earned him a Juno Award, as well as a 2010 Polaris Music Prize nomination.

"Nothing has ever felt like a strange leap in success that feels weird or unnatural," said the

Kenyan-born hip-hop star, who was raised in London, Ont. "Everything has been a progression, so it's been great."

## Event details

- Where: Afrikadey! Festival on Prince's Island
- When: Aug. 13
- Tickets: Free for children under 12 and adults over 65. Adult tickets are \$25 and student tickets are \$20. Go to afrikadey.com for more.



## Chocolate Martini

### Ingredients:

- 1½ oz (44 ml) Carolans Irish Cream
- ½ oz (15 ml) Crème de Cacao White
- 1 pasteurized egg white

### Preparation:

1 Shake with ice vigorously to achieve proper foam and strain into a martini glass. Garnish with a sprinkle of cacao powder.

RYAN POWELL,  
CORBY DISTILLERIES  
EDUCATION MANAGER



## Wild Blueberry Peppercorn Chutney

### Ingredients:

- 1 cup brown sugar
- 1 tbsp balsamic vinegar
- 2 tbsp red wine vinegar
- 2 tbsp white wine vinegar
- 2 cups fresh or frozen wild blueberries
- 2 tbsp green peppercorns
- ½ cup white onion
- 1 tsp fresh ginger, grated
- 1½ tsp lemon zest, chopped
- 1 tbsp lemon juice

### Preparation:

1 Place the sugar, balsamic vinegar, red wine vinegar and white wine vinegar in a large saucepan.

2 Heat over medium-low heat, stirring until sugar dissolves. Add blueberries, green peppercorns, white onion, ginger, lemon zest and lemon juice.

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TEMPLE KITCHEN

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Yummy nibbles



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## Shiraz

This rich and full-bodied Shiraz is dark ruby in colour and abounds with aromas of ripe plums, berries and subtle oak spices. It's the ideal accompaniment to veal, poultry or red meat dishes and although ready to be enjoyed now, this wine also has a maturation potential of 3-4 years.

**\$10.99**  
Suggested Retail



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Contest runs from July 28, 2011 until August 27, 2011.  
Must be of legal drinking age to enter. Please enjoy responsibly. No purchase necessary.



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GO ON. STICK YOUR NECK OUT.

4

sports

## Quoted



**"He was going to come in and really help us win more games, but it didn't work out."**

REDSKINS LINEBACKER  
LORENZO ALEXANDER ON  
DONOVAN McNABB, WHOSE  
TIME IN WASHINGTON IS  
OVER AFTER ONLY A YEAR.  
THE MINNESOTA VIKINGS  
ACQUIRED THE VETERAN  
QUARTERBACK FROM THE  
REDSKINS LAST NIGHT IN  
EXCHANGE FOR A SIXTH-  
ROUND DRAFT PICK.

**"Relationships broke down, and now he's not here, but you can't really focus on that. You've got to continue to move forward."**

ALEXANDER

# Blockbuster day for Jays

► **Toronto GM had been trying to pry Rasmus from Cards since last season**

The first order of business for Toronto general manager Alex Anthopoulos when newly acquired outfielder Colby Rasmus joins the Blue Jays is to have his "elephant in the room" conversation.

Rasmus, the centrepiece in a pair of blockbuster deals Anthopoulos made with the Chicago White Sox and St. Louis yesterday, comes to Toronto with rumblings of a feud with the Cardinals coaching staff that sped up his departure.

Anthopoulos has long had his eye on Rasmus, a 24-year-old former first-round pick who was batting .246 this season with 14 doubles, six triples, 11 home runs and 40 RBIs. He says he's isn't fazed by the reports of Rasmus butting heads with St. Louis manager Tony La Russa.

"I always like to have the 'elephant in the room conversation,'" the Toronto GM said in a press conference prior to the Jays (52-52) 3-0 win at home against Baltimore (41-59) last night. "I had it with Brett (Lawrie), I had it with

Yunel (Escobar), and I plan on having it with Colby.

"Let's talk about the past once. And once we have that conversation it's over, we don't talk about it again. We're going to start fresh and we want to know what makes him happy and how we can get the best out of him."

The eight-player deal also brought utility player Mark Teahen and three relievers to Toronto. The Jays sent outfielder Corey Patterson, right-handed starter Edwin Jackson and relievers Marc Rzepczynski and Octavio Dotel to St. Louis. The Cardinals will also receive three players to be named later or cash considerations.

In exchange, Toronto added Rasmus and relievers Brian Tallet, Trevor Miller and P.J. Walters.

Jackson had been acquired earlier in the day as part of a four-player deal with the White Sox. He and Teahen came from Chicago for long-serving Toronto reliever Jason Frasor and pitching prospect Zach Stewart.

THE CANADIAN PRESS

## Frasor's farewell



The Jays bullpen has been shaken up dramatically, especially with the departure of Jason Frasor to the White Sox.

- The 33-year-old right-hander leaves as the franchise leader in games pitched.
- "Of all the places I could have gone, I can't believe it's Chicago," said Frasor, a native of the Chicago area. "It's going to be all right, I think. I'm really excited about meaningful August-September baseball."
- Frasor had an earned-run average of 2.98 in 44 games this season.



► Toronto's new centre-fielder Colby Rasmus slides into home during a game with St. Louis earlier this month.

## Angels' Santana rises above Cleveland batters

Ervin Santana pitched the first solo no-hitter for the Angels in nearly 27 years, fanning 10 and leading Los Angeles over the Cleveland Indians 3-1 yesterday.

Santana allowed only two runners — a first inning error and an eighth in-

ning walk. Cleveland's run came when Ezequiel Carrera reached on a routine grounder off of short stop Erick Aybar's glove.

Carrera stole second, went to third on a ground-out and scored on a wild pitch. THE ASSOCIATED PRESS



► Ervin Santana

## Sports in brief

**Titans bringing in Hasselbeck: Source**

NFL. Matt Hasselbeck is heading to the Tennessee Titans, according to a person familiar with the agreement.

The quarterback spent

10 years with the Seattle Seahawks.

THE ASSOCIATED PRESS

**Rose to serve time for DUI**

NBA. A Michigan judge sentenced former Toronto Raptor Jalen Rose to 20 days in jail yesterday for a drunk-driving crash along a snowy suburban Detroit road in March.

THE ASSOCIATED PRESS

## MAJOR LEAGUE BASEBALL

## AMERICAN LEAGUE

## EAST DIVISION

	W	L	Pct	GB
Boston	64	38	.627	—
New York	61	41	.598	3
Tampa Bay	53	49	.520	11
Toronto	52	52	.500	13
Baltimore	41	59	.410	22

## CENTRAL DIVISION

	W	L	Pct	GB
Detroit	55	49	.529	—
Cleveland	52	50	.510	2
Chicago	51	52	.495	3½
Minnesota	49	55	.471	6
Kansas City	43	61	.413	12

## WEST DIVISION

	W	L	Pct	GB
Texas	59	46	.562	—
Los Angeles	57	48	.543	2
Oakland	46	57	.447	12
Seattle	44	60	.423	14½

## Last night's results

L.A. Angels 3 Cleveland 1  
Seattle 9 N.Y. Yankees 2  
Chicago White Sox 2 Detroit 1  
Toronto 3 Baltimore 0  
Boston 12 Kansas City 5  
Minnesota 7 Texas 2  
Tampa Bay at Oakland  
Tuesday's results  
L.A. Angels 2, Cleveland 1  
N.Y. Yankees 4, Seattle 1  
Baltimore 12, Toronto 4  
Boston 13, Kansas City 9  
Minnesota 9, Texas 8  
Detroit 5, Chicago White Sox 4  
Oakland 6, Tampa Bay 1  
Today's games  
L.A. Angels (Pineiro 5-5) at Detroit (Penny 7-7), 1:05 p.m.  
Kansas City (Hochevar 6-8) at Boston (Beckett 9-3), 1:35 p.m.  
Tampa Bay (W.Davis 7-7) at Oakland (Harden 2-1), 3:35 p.m.  
Baltimore (Bergesen 2-6) at Toronto (C.Villanueva 5-2), 7:07 p.m.  
Minnesota (S.Baker 8-5) at Texas (M.Harrison 8-7), 8:05 p.m.  
Tomorrow's games  
Baltimore at N.Y. Yankees, 7:05 p.m.  
Kansas City at Cleveland, 7:05 p.m.  
L.A. Angels at Detroit, 7:05 p.m.  
Texas at Toronto, 7:07 p.m.  
Boston at Chicago White Sox, 8:10 p.m.  
Minnesota at Oakland, 10:05 p.m.  
Tampa Bay at Seattle, 10:10 p.m.

## AL LEADERS

	G	AB	R	H	Avg.
AdGonzalez, Bos	100	411	73	143	.348
MIYoung, Tex	102	407	52	135	.332
Bautista, Tor	92	322	76	106	.329
Kotchman, TB	87	295	25	96	.328
JhPeralt, Det	93	335	45	108	.322
Ellsbury, Bos	100	411	75	132	.321
VMartinez, Det	88	325	44	104	.320
MCabreia, Det	103	357	70	113	.317
Konerko, CHW	99	361	49	112	.310
YEscobar, Tor	94	361	56	111	.307
HOME RUNS — Bautista, Toronto, 31; Granderson, New York, 28; Teixeira, New York, 28; Konerko, Chicago, 24; NCruz, Texas, 22; McCabreia, Detroit, 21; Reynolds, Baltimore, 21.					
PITCHING — Sabathia, New York, 15-5; Weaver, Los Angeles, 14-4; Verlander, Detroit, 14-5; Tomlin, Cleveland, 11-5; Scherzer, Detroit, 11-5; tied at 10.					
STRIKEOUTS — Verlander, Detroit, 169; Sabathia, New York, 156; Shields, Tampa Bay, 151; Hernandez, Texas, 135; Weaver, Los Angeles, 134.					
Not including yesterday's games					

## NATIONAL LEAGUE

## EAST DIVISION

	W	L	Pct	GB
Philadelphia	65	38	.631	—
Atlanta	61	44	.581	5
New York	53	51	.510	12½
Florida	51	53	.490	14½
Washington	49	54	.476	16

## CENTRAL DIVISION

	W	L	Pct	GB
Milwaukee	56	49	.533	—
St. Louis	55	50	.529	½
Pittsburgh	53	49	.520	2
Cincinnati	50	54	.481	6
Chicago	42	62	.404	14
Houston	34	70	.327	21

## WEST DIVISION

	W	L	Pct	GB
San Francisco	60	44	.577	—
Arizona	56	47	.544	3½
Colorado	48	56	.462	12
Los Angeles	47	56	.456	12½
San Diego	45	59	.433	15

## Last night's results

Atlanta 2 Pittsburgh 1 (10 innings)  
Florida 7 Washington 5  
Houston 4 St. Louis 2  
Milwaukee 2 Chicago Cubs 0  
N.Y. Mets 8 Cincinnati 2  
San Francisco 2 Philadelphia 1  
Arizona at San Diego  
Colorado at L.A. Dodgers  
Tuesday's results  
Florida 11, Washington 2  
Philadelphia 7, San Francisco 2  
N.Y. Mets 8, Cincinnati 6  
Atlanta 4, Pittsburgh 3, 19 innnings  
Milwaukee 3, Chicago Cubs 2  
St. Louis 3, Houston 1  
Arizona 6, San Diego 1  
L.A. Dodgers 3, Colorado 2  
Tonight's games  
(Florida (Undecided) at Washington (Lannan 7-6), 12:35 p.m.)  
N.Y. Mets (Capuano 8-10) at Cincinnati (H.Bailey 5-4), 7:07 p.m.  
Chicago Cubs (R.Wells 2-3) at Milwaukee (Marcum 9-3), 2:10 p.m.  
Arizona (D.Hudson 10-6) at San Diego (Latos 5-10), 3:35 p.m.  
San Francisco (Undecided) at Philadelphia (K.Kerrick 5-4), 7:05 p.m.  
Pittsburgh (Correa 11-8) at Atlanta (D.Lowe 6-8), 7:10 p.m.  
Houston (W.Rodriguez 6-7) at St. Louis (J.Garcia 10-4), 8:15 p.m.  
Tomorrow's games  
N.Y. Mets at Washington, 7:05 p.m.  
Pittsburgh at Philadelphia, 7:05 p.m.  
San Francisco at Cincinnati, 7:10 p.m.  
Houston at Milwaukee, 8:10 p.m.  
Chicago Cubs at St. Louis, 8:15 p.m.  
Colorado at San Diego, 10:05 p.m.  
Arizona at L.A. Dodgers, 10:10 p.m.

## Not including last night's game

	G	AB	R	H	Avg.
JosReyes, NYM	88	390	75	135	.346
Braun, Mil	93	340	63	111	.326
Votto, Cin	102	377	62	119	.316
Helton, Col	92	308	44	97	.315
DanMurphy, NYM	99	355	42	111	.313
Morse, Was	91	311	44	97	.312
Holliday, STL	77	274	50	85	.310
Kemp, LAD	103	371	62	115	.310
Pence, Hou	97	393	48	121	.308
McCann, Atl	91	333	43	102	.306

## Not including last night's games

## BLUE JAYS 3, ORIOLES 0

	Baltimore	ab	r	h	bi	Toronto	ab	r	h	bi
Hardy ss	4	0	0	0	YEscobar ss	4	1	2	0	
Markakis rf	3	0	0	0	EThors ss	4	2	1	1	
AdJons cf	4	0	2	0	Bautista 3b	4	0	1	1	
Guerr dh	4	0	0	0	Lind 1b	3	0	1	0	
J.Bell pr	0	0	0	0	Encnc dh	4	0	1	0	
DeLleb	2	0	1	0	Snider lf	4	0	0	0	
Wieters c	4	0	1	0	A.Hill 2b	4	0	1	0	
MrRyn3b	4	0	0	0	RDavis cf	3	1	1	0	
Pie lf	2	0	0	0	Arencc c	4	1	1	1	
BDavis 2b	3	0	0	0	Totals	30	0	4	0	

## CENTRAL DIVISION

	Baltimore	ab	r	h	bi	Toronto	ab	r	h	bi
Hardy ss	4	0	0	0	YEscobar ss	4	1	2	0	
Markakis rf	3	0	0	0	EThors ss	4	2	1	1	
AdJons cf	4	0	2	0	Bautista 3b	4	0	1	1	
Guerr dh	4	0	0	0	Lind 1b	3	0	1	0	
J.Bell pr	0	0	0	0	Encnc dh	4	0	1	0	
DeLleb	2	0	1	0	Snider lf	4	0	0	0	
Wieters c	4	0	1	0	A.Hill 2b	4	0	1	0	
MrRyn3b	4	0	0	0	RDavis cf	3	1	1	0	
Pie lf	2	0	0	0	Arencc c	4	1	1	1	
BDavis 2b	3	0	0	0	Totals	30	0	4	0	

## EAST DIVISION

	Baltimore	ab	r	h	bi	Toronto	ab	r	h	bi
Hardy ss	4	0	0	0	YEscobar ss	4	1	2	0	
Markakis rf	3	0	0	0	EThors ss	4	2	1	1	
AdJons cf	4	0	2	0	Bautista 3b	4	0	1	1	
Guerr dh	4	0	0	0	Lind 1b	3	0	1	0	
J.Bell pr	0	0	0	0	Encnc dh	4	0	1	0	
DeLleb	2	0	1	0	Snider lf	4	0	0	0	
Wieters c	4	0	1	0	A.Hill 2b	4	0	1	0	
MrRyn3b	4	0	0	0	RDavis cf	3	1	1	0	
Pie lf	2	0	0	0	Arencc c	4	1	1	1	
BDavis 2b	3	0	0	0	Totals	30	0	4	0	

## WEST DIVISION

	Baltimore	ab	r	h	bi	Toronto	ab	r	h	bi
Hardy ss	4	0	0	0	YEscobar ss	4	1	2	0	
Markakis rf	3	0	0	0	EThors ss	4	2	1	1	
AdJons cf	4	0	2	0	Bautista 3b	4	0	1	1	
Guerr dh	4	0	0	0	Lind 1b	3	0	1	0	
J.Bell pr	0	0	0	0	Encnc dh	4	0	1	0	
DeLleb	2	0	1	0	Snider lf	4	0	0	0	
Wieters c										

## Crossword

**Across**

1 Long story  
5 Pouch  
8 Advantage  
12 "— have believed it?"  
13 Former Pan Am rival  
14 Check  
15 Greek vowel  
16 Conger, for one  
17 McNally partner  
18 Nearsightedness  
20 Blunder  
22 Relax for a bit  
26 Approach bedtime  
29 Numerical prefix  
30 Sister  
31 Saharan  
32 Bashful  
33 No from the White House  
34 Chaps  
35 Will Smith biopic  
36 Be philanthropic  
37 What I'd've done "if I knew you were comin'"  
40 Narrative writing  
41 Computer whiz  
45 Medal earner  
47 Center  
49 Marx or Malden  
50 MasterCard alternative, for short  
51 Schedule abbr.  
52 B.P.O.E. members  
53 Punch partner  
54 Shaft of light  
55 Medicinal amount

**Down**

1 Emulate Michael Phelps  
2 "Hi, sailor!"



## Today's horoscope



For today's crossword answers and for expanded horoscopes, go to [metronews.ca](http://metronews.ca)

**♈ Aries** March 21-April 20 Start thinking seriously about developing an artistic project on which you have made several false starts.

**♉ Taurus** April 21-May 21 Some people always seem to put their emotions before logic, and you will meet one such individual today.

**♊ Gemini** May 22-June 21 Try to remember that words can hurt as well as heal.

**♋ Cancer** June 22-July 22 There is no point in taking anything too seriously today. Instead focus on something that makes you smile.

**♌ Leo** July 23-Aug. 23 You may want to start something new but there is no need to rush.

**♍ Virgo** Aug. 24-Sept. 22 What goes through your mind over the next few days will be the blueprint for your life in the months ahead.

**♎ Libra** Sept. 23-Oct. 23 Go where there is music playing and people laughing — it's where you'll feel most at home.

**♏ Scorpio** Oct. 24-Nov. 22 If you hesitate for even a minute, an opportunity could pass you by. Act quickly.

**♐ Sagittarius** Nov. 23-Dec. 21 You may not agree with a friend but don't let it come between you.

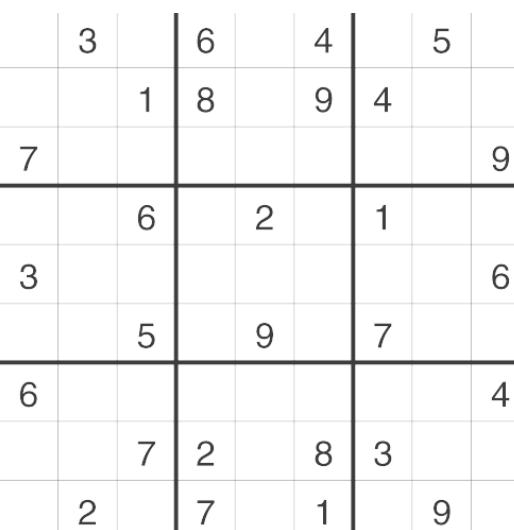
**♑ Capricorn** Dec. 22-Jan. 20 You've allowed yourself to get too attached to something of a material nature.

**♒ Aquarius** Jan. 21-Feb. 18 It will pay you to let loved ones know what you are up to today.

**♓ Pisces** Feb. 19-March 20 It may be tempting to try to get through your workload in one mad rush. You must resist that urge.

• SALLY BROMPTON

## Sudoku



## How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ►



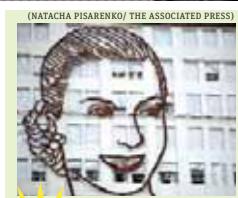
## A look at the weather

TODAY  
Min 9°  
Max 23°

FRIDAY  
Min 7°  
Max 21°

SATURDAY  
Min 11°  
Max 22°

**Andrew Schultz,**  
Meteorologist  
"I get to spread the word on how your day, evening or weekend will shape up with our ever-changing weather here in Alberta". WEEKDAYS 6AM



## Caption contest



"Yo momma is so fat..."  
RHODA L.

You write it!  
Write a funny caption for the image above and send it to [play@metronews.ca](mailto:play@metronews.ca) — the winning caption will be published in tomorrow's Metro.

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JULY 29, 30, 31

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PALMISTRY  
PAST LIVES  
ASTROLOGY  
TAROT CARDS



FRIDAY 2-10  
SATURDAY 11-10  
SUNDAY 11-7

AURAS  
NUMEROLOGY  
HEALING  
CRYSTAL BALL  
CRYSTALS

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